



This newsletter may also be viewed as a PDF at www.PierceADRC.org "News & Events."

NETWORKING OPPORTUNITIES

Aging and LTC Providers Network

First Thursday of each month, 8 – 9 a.m.

Lighthouse Senior Center

5016 E. "A" Street, Tacoma

Contact Bob Riler, ADR, 798-7384 or briler@co.pierce.wa.us

June 5 – "WA State Falls Prevention & Pierce County Falls Prevention Coalition"

July 3 – No meeting scheduled

Aug 7 – TBA

Health Care Providers Council of Pierce County

Second Thursday of each month, 7:45 – 9 a.m.

Narrows Glen, 8201 Sixth Ave, Tacoma

(Breakfast \$6; Coffee \$2)

Contact Melissa Martin at (253)752-6870

June 12 – TBA

July 10 – Networking

East County Providers Network

Third Tuesday of each month, 8 a.m.

Meeting rotates monthly. Call for location.

Contact Laura Fehrenbacher, Stafford Suites, (253) 862-1818

SASH Coffee and Networking for Pierce County

"Sippin' Summer Socials" - 9:30-11 a.m.

June 20 at Third Place Books in Ravenna, 6504 20th Ave NE in Seattle

July 11 at Central Summer Social at the SASH Office in Seatac, 4800 S. 188th St. Suite 220

August 6 at La Quinta Inn in Tacoma, 1425 E 27th St.

Contact Rebecca Bomann at Rebecca@sashservices.com or (206) 501-4375

South End (King County) Coalition

Third Wednesday of each month at 7:45 to 9:30 a.m.

June 18 - Wesley Homes Lea Hill, 32049 109th Pl., SE in Auburn

Schedule of meeting locations and times at www.secoalition.com

LOCAL SERVICES

Help Spread the Word About Preventing Elder Abuse

The Prosecutor's Office is committed to vigorously prosecuting crimes against elderly citizens.

Protecting our community's most vulnerable members is a top priority. That's why we're pleased to

announce that a 2014 budget increase has allowed us to expand our Elder Abuse Unit. These

additional resources allow for us to prosecute all types of cases involving elderly victims, including

financial exploitation and physical abuse. Prosecutor Mark Lindquist and Deputy Prosecutor Erika

Nohavec are available to speak to your group about preventing and responding to abuse of vulnerable

adults. Please call (253) 798-6265 to schedule a presentation.

HEROS Program Ends

The HEROS+ (Helping Elders through Referral & Outreach Services) program will be ending June 30, 2014. We will stop taking HEROS+ referrals on May 30th. Unfortunately, there is no funding mechanism to support the kind of work that HEROS+ does through Medicaid, Medicare or private insurance. Over the past 5 years, OptumHealth has been the sole funder of the HEROS+ program. HEROS+ has assisted many at-risk older adults with so many things and for so many reasons: rental assistance to avoid eviction; utility assistance to avoid the power from being disconnected or to turn the power back on; emergency housing in a hotel; groceries, pet food, cloths, incontinence products; major cleanups for serious hoarding behavior to allow in-home providers to enter the home safely and/or to increase health and safety; overnight respite care for caregivers caring for a loved one with dementia; and so much more. With the end of the program, alternatives for HEROS+ include:

* If you encounter an older adult who would benefit from and agrees to mental health services you can contact our ACCESS line at: (253) 697-8400

* If you believe an older adult is experiencing a mental health crisis, please contact CRISIS at 1-800-576-7764

* If you encounter an individual who you suspect is a vulnerable adult, 60 years of age and older and is being financially exploited; physically, emotionally or sexually abused; or unable to care for themselves; please contact: Adult Protective Services, 1-877-734-6277

* If you are looking for information about Senior Services or don't know where you should turn for help; please contact: Pierce County, Aging & Disability Resource Center, (253) 798-4600.

For additional information contact Julie E. Jensen, PhD, (253) 697.8574 or

julie.jensen@Multicare.org.

Milestones in Disability History: The Respectful Language Act

Ten years ago, a coalition of advocates decided to do something about the derogatory labels used to describe people with disabilities. They called it The Respectful Language Act. What they did had never been done before. This story belongs to them, but it also belongs to every citizen who has a right to speak up and make change happen, regardless of income, status, appearance, or political influence. View this [video from The Arc of Washington State](#).

Early Stage Memory Loss Zoo Walk Volunteers

Lutheran Community Services NW is recruiting volunteers for a new project serving people with early stage memory loss and their families. Zoo Walk is a weekly social engagement and fitness opportunity for people living with ESML. The program runs for 10-12 consecutive weeks, 9:30-11 a.m. (day to be determined) at Point Defiance Zoo and Aquarium. To learn more or to volunteer contact Pat Witt, LCSNW Caregiver Coordinator at (253) 722-5691.

State of Washington Wants to Help Family Caregivers

The state of Washington is looking to help current and future family caregivers – past, present and future caregivers. DSHS and its Area Agencies on Aging partners are working hard to improve information and supports for family caregivers across the state. That's why we are asking family caregivers to [complete an online survey](#). We want to hear your thoughts on: how to make helpful information and services easier to find, your caregiving experience and needs, and your preferences related to finding and using available local caregiver resources. We will use your feedback to improve program awareness, outreach and services. Please take a few moments to give us your feedback. The survey is available through June 30, 2014. Questions: please contact: Hilarie Hauptman, (360) 725-2556 or Hilarie.Hauptman@dshs.wa.gov.

Health Insurance Exchange Plan Rates for 2015

It is hard to determine a rate for insurance products on the Health Care Exchange. Plans don't really know the health of the risk pool yet, nor do they know what utilization for those consumers will look like. Filings for 2015 were built on only a few months of data, which followed a year that was very mostly stab in the dark. Reviewing the 2015 filings for insurance carriers entering the Exchange tells this tale pretty clearly. Molina is requesting an average drop in rates of 6.8%. At the high end, Coordinated Care has asked for a 11.2% increase, as has Group Health (though Group Health also requested a 14.2% increase for products off the Exchange). Drawing specific conclusions about rate drivers is tricky, but it's still clear that pricing these products is as much art as it is science.

Washington Ranks 15th for Senior Health,

Washington is ranked 15th for senior health, according to United Health Foundation's America's Health Rankings® Senior Report. Nationwide, seniors are showing encouraging gains in key health measures and taking more steps to improve their own health. Notable gains for senior health include declines in physical inactivity, improvements in quality of nursing home care, reductions in avoidable hospitalizations, and increased preparation for end-of-life care. [View the report.](#)

DVR Invites Comment on 2015 State Plan

The DSHS Division of Vocational Rehabilitation is drafting its 2015 State Plan that must be submitted to the federal Rehabilitation Services Administration (RSA) DVR has posted the [draft 2015 State Plan to its webpage](#). Anyone who wants to comment on the draft DVR 2015 State plan may attend a Public Forum or send written comments to Phyllis.hansen@dshs.wa.gov. All written comments must be received no later than June 10, 2014.

Physician Shortage Threatens Affordable Care Act Gains

The expansion of Medicaid accounts for most of the sign-ups under the Affordable Care Act, but will having an insurance card ensure that new patients will get in to see a doctor? [Read an editorial in the Spokesman Review.](#)

Help for Residents with Chronic Conditions

Living with arthritis, heart disease, diabetes, or another chronic condition? Pierce County Community Connections Aging & Disability Resources and the National Council on Aging have a free program for you! Log in from your own computer for just two hours a week and learn how to reduce pain, eat well, and talk with your doctors—so you can live healthier. [Sign up today.](#)

New Funding for Thousands on the DD Wait List

Thanks to action by our state legislature this past session, 4,000-5,000 individuals and families on DDA's No Paid Services (NPS) caseload will begin to get services by 2017. The increase in services comes from two major program shifts to take place over the next two years. Visit the [Informing Families Building Trust website for more.](#)

Breast Cancer Navigator Program For Minority Women

For many women diagnosed with breast cancer, the journey to recovery can be a long and lonely one. This is especially true for minority women. Because of cultural differences and language barriers, they do not feel comfortable asking for assistance from medical professionals until it is too late. In collaboration with [Franciscan Health System](#), KWA's Breast Cancer Navigator Program connects these women with community navigators, other women with similar cultural backgrounds who can act as liaisons between patients and the medical world. Along with providing emotional support, these navigators accompany the patients to doctors' appointments, act as interpreters and help with access to food banks and public transportation. *A Life Saved: Community Cancer Navigators*, a short

documentary produced by [North Woods Productions](#), highlights the relationships between a few breast cancer patients and their navigators. More information, visit the [program page](#) or call (253) 535-4202.

Gilda's Club in Gig Harbor Offers Healing Yoga Stretch

Healing Yoga Stretch with Nancy Keiter is a transformational journey for body, mind and spirit. Each class will be different depending on who is present and will include asanas (yoga postures), active stretches, and relaxation techniques. You will learn how to “listen to your body.” Wear comfortable, layered clothing. We provide yoga mats but if you would like to bring your own that would be helpful. Please bring your own blanket, pillow, and eye pillow if you wish. Held the third Mondays of the month (beginning June 16th) from 10:45 am to 12 noon in the Community Room at the MultiCare Cancer Center - Gig Harbor, 4545 Pt. Fosdick Drive NW. Parking available in the cancer center parking lot. Register at 1-866-200-2383 or go to the [Gilda's Club website](#).

Relatives Raising Children Support Groups

Come meet other Kinship Caregivers and share your stories. HopeSparks and the Relatives Raising Children host support groups for kinship caregivers. Groups meet on the second Wednesday of the month 5:30-7:00 p.m. and the fourth Wednesday of the month 10-11:30 a.m. Meetings are at HopeSparks, 6424 N 9th Street in Tacoma. Call Rosalyn Alber at 253-565-4484 with questions.

Free Preschool Available in Pierce County

ECEAP (Early Childhood Education and Assistance Program) offers programs in Buckley, Bonney Lake, Eatonville, Orting, Puyallup-South Hill, Sumner, University Place and White River. Families must qualify according to federal low-income guidelines. A child must be 4 years old on or before August 31 or 3 years old on or before August 31 and homeless or in foster care, relative care, or an out of home placement. Contact Community Connections at (253) 798-7379 or (800) 562-0336.

Nominate an Outstanding Volunteer for the Andrus Award

AARP Washington is seeking nominations for the 2014 AARP State Andrus Award for Community Service. The association's most prestigious volunteer tribute recognizes outstanding individuals who are sharing their experience, talents and skills to enrich the lives of others. If you know of an outstanding volunteer, we want to hear about them! AARP Washington will donate \$1,000 to the registered charity of the winner's choice. AARP Washington will also donate \$500 to the chosen charity of two finalists. Review the [eligibility guidelines](#) and submit your [online nomination](#) by June 30, 2014. You can see a short video profiling a previous winner [here](#).

Sash Coffee Times For the Summer

Instead of SASH's hosting the normal six Coffee Times a month that we have done for years, we are doing a fun series of summer events. There will be only 3 Coffee Times all summer - one in June, one in July, and one in August, and everyone is invited to all 3 of them. This way, elder care providers who are accustomed to attending one Coffee Time can meet providers from another, and they can have the opportunity to grow their network and meet new people in the elder care community. These events are called “Sippin' Summer Socials.” June 20 at Third Place Books in Ravenna, 6504 20th Ave NE in Seattle; July 11 at Central Summer Social at the SASH Office in Seatac, 4800 S. 188th St. Suite 220' August 6 at La Quinta Inn in Tacoma, 1425 E 27th St. Call (206) 501-4375 for details.

LOCAL HAPPENINGS

June 2 – Challenges in Caregiving: Giving Care, Taking Care

Challenges in Caregiving: Giving Care, Taking Care, a caregiver training conference will be held at the Tukwila Community Center in Tukwila, Washington, 8 a.m. to 4:30 p.m. The conference is now full and registration is closed.

June 5 – Lakewood Senior Center Open House

Join all the folks at the Lakewood Senior Activity Center for this annual open house event. Features activities, food, entertainment and local service providers. Open to everyone whether you live in Lakewood or not. Held 10 a.m. to 1 p.m. at 9112 Lakewood Drive, SW. Call for more info at (253) 798-4090.

June 10 – Social Security Basics

If you are planning on retiring anytime soon, or if you have retired recently, you will want to attend this informative presentation by Social Security representative Kirk Larson. Held 4 to 5:30 p.m. at the Milgard Family Hope Center, 8502 Skansie Ave. in Gig Harbor. No RSVP needed. Sponsored by the Pierce County ADRC. Call (253) 798-4600 for details.

June 13 – Long Term Care Insurance: Smart or Foolish

Most adults don't consider buying – or choose not to buy – a long term care insurance policy. That may or may not be the best choice. This information-only presentation will explore how this insurance coverage might help or how it might be a total waste of your money. Get impartial information without the high-pressure tactics and heavy-handed sales pitch. Free. Sponsored by Point Defiance Village and the Pierce County Aging and Disability Resource Center. Held at 2 p.m. at Point Defiance Village, 6414 N. Park Way in Tacoma. Please RSVP in advance by calling 759-8908.

June 13-14 – Relay for Life

Relay For Life is a 24-hour event held to honor those who have lost the battle, for survivors and caregivers currently fighting this disease, and for future generations - a world free of cancer. Held at Mt. Tahoma High School with a great health fair starting at 4 p.m. The Health Fair provides a variety of community resources and information to survivors, caregivers, and others who are attending the Tacoma Relay For Life. Contact survivors@tacomarelay.org, Cissy Gustafson: 253-503-2396 (work), 253-304-8575 (cell); or Karen Miller: 253-272-4119 (work), 253-223-3070 (cell).

June 17 – Update from ASCO: Breast Cancer Research and Treatment

Julie Gralow, MD, the Director of Breast Medical Oncology at the UW/SCCA, returns from the annual meeting of the American Society of Clinical Oncology (ASCO) to share a synopsis, for patients and caregivers, of up-to-the-minute research findings in breast cancer research, prevention, detection and treatment. Held 6:30 – 8:00 p.m. at the MultiCare Regional Cancer Center—Tacoma, Katterhagen Resource Center, 1003 S. 5th Street in Tacoma. Free parking in the 5th Street garage next to the Cancer Center. Please RSVP to attend: 1-866-200-2383 or [register online](#).

June 17-19 – Community Summit 2014: Let's Take Action!

The Community Summit, sponsored by the WA State Developmental Disabilities Administration, brings together people with developmental disabilities and their families, friends, providers, state and county staff, and advocates. The Community Summit, held in Wenatchee, offers local and national headliners, a series of workshop sessions, dance, barbeque and other activities. Session themes this year are: Cutting Edge, Transitions and Transformations and Citizenship and Engagement. For more information, or to register, [click through to Community Summit 2014](#).

June 18 – High Risk Population Disaster Planning Summit

This free event helps individuals, agencies, organizations or businesses interested in disaster planning for the area's high risk (vulnerable) populations. Participants will learn how to respond to an active shooter and develop lock down plans, identify the hazards and risks in your area and in your agency, hear from a panel of law enforcement, fire personnel, and emergency staff on how they can assist you in your emergency planning and prepare your employees and clients for disasters. Continental breakfast and lunch provided to participants at no cost (vegetarian option is available). Held 8 a.m. to 4 p.m. at MetroPark's STAR Center, 3873 S. 66th Street in Tacoma. This is a free event, but interested people must [register online in advance](#) by June 11. Please include requests for ADA accommodations. For questions on the Summit, please contact Sheri Badger at sbadger@co.pierce.wa.us or (253) 798-2204.

June 19 – Aging Smart Educational Workshops

This free workshop takes on two topics. "Dementia and Alzheimer's Care will explain signs to look out for, caregiving options, and what else to consider for your loved one. "Geriatric Care Management will look at working with a GC Manager when quality care for a needed loved one is hard to decide on your own. Held at Harbor Place at Cottessmore, 1016 29th St., NW in Gig Harbor. From 5:30 to 7:00 p.m. Call 1-888-377-1770 or www.agingsmarteducationalworkshops.org for details.

June 20-21 – Relay for Life of Gig Harbor

The Relay For Life of Gig Harbor is an incredible and inspiring opportunity to unite as a community to honor cancer survivors, raise awareness about what we can do to reduce our cancer risk, and raise money to help the American Cancer Society fight the disease. [Click here for more details](#) about our event! Starts at 6:00 p.m. Held at Goodman Middle School, 3701 38th Ave NW in Gig Harbor.

June 28 – "Ain't We Got Fun" Senior Prom

Enjoy dancing, live music, refreshments, photos and memories at the Senior Prom hosted by Franke Tobey Jones. Music by Route 66. Everyone 55+ is invited. Held 6 to 9 p.m. at Tacoma's Stadium High School. \$5 tickets available at the door or by calling (253) 752-6621 or [online](#).

July 16 – Giving Up The Keys

There comes a time when some families have to deal with the fact that someone should no longer drive. Vision problems, memory problems, slowing reaction times, poor distance judgments and difficulty with directions are all indicators. How can a family "take away the keys?" What can be done when people resist the need? Join in this special conversation provided by Aging & Disability Resources. Held twice this day.

- 12:10 – 12:50 p.m. at the County City Building, 7th Fl. Conf. Rm., 903 Tacoma Ave., S., Tacoma
- 7:00 – 8:00 p.m. at the Soundview Building, 3602 Pacific Avenue, Tacoma

July 19 – Cast For Kids

This is a C.A.S.T. for Kids event designed to provide children with disabilities (ages 5-18) the opportunity to enjoy a quality outdoor recreational experience through the sport of fishing. Sponsored by MetroParks Tacoma, the Kiwanis, Mary Bridge Children's Hospital and others. Free BBQ lunch at the close of the event. Participants receive a free rod & reel combo, tackle box, t-shirt and more. Held 8:30 a.m. to 1:00 p.m. at the Foss Waterway. No cost to participate but [pre-registration required](#).

July 21 – Giving Up the Keys

(See July 16 for description. Held twice this day.)

- 12:10 – 12:50 p.m., Pierce County Annex Main Meeting Room, 2401 S. 35th Street, Tacoma
- 7:00 – 8:00 p.m., Sumner Library Meeting Room, 1116 Fryer Ave., Sumner

July 21-24 – Washington State Independent Living Youth Conference

The Youth Conference is for youth (17-24) with all disabilities who are high-functioning enough to live independently and have career or educational goals. The conference focuses on preparing for college and/or employment, and developing independent living skills including self-advocacy, finance management, etc. This is a great opportunity for youth to get connected with community resources and meet other youth with disabilities who plan to live independently. \$100 gift card given on completion. Youth with a 504 plan or IEP (in general ed classes) encouraged to apply. The individual youth must be the one to call and request an application. Interviews will be scheduled in June. Get [more info about the conference](#) or view a [short video](#).

July 26 – Walk in the Park with Team Parkinson's

Raise awareness and funds for Parkinson's care while enjoying an easy two-mile walk along the beautiful lake-side shores of Magnuson Park. 7400 Sand Point Way, NE in Seattle. Fun, family oriented, and dog friendly walk features a pleasant two-mile course also offering a short loop for anyone with mobility challenges, bouncy slide, musical performances, including NWPF's own choir: The Tremolos in their debut performance, fundraising prizes and incentives and easy free parking. Honor or remember a loved one and walk in their name! [Register online](#). Registration help: Rebecca Mauldin, rebecca@nwpf.org or (206) 946.6516. Additional questions: Anne Alkema, annea@nwpf.org or (206) 946.6518.

Aug 5 – Building Senior Resilience

This free, 4-hour course addresses the all-hazards comprehensive emergency management needs of senior citizens – inclusive of all economic, medical, cognitive, and mobility determinants – specifically as they address the actions of the individuals who care for them. This course will offer participants the knowledge and skills required to assess vulnerability emphasizing the unique characteristics of the senior citizen population. Hazard identification and risk assessment is focused on the senior citizen home and the senior care facility, although community-wide risk assessment will also be addressed within the larger geographic area. Two sessions to choose from – 8 to noon or 1 to 5 p.m. Held at the Pierce County Emergency Operations Center, 2501 S. 35th St. in Tacoma. [Register online](#).

Sept 13 – Pierce County Cancer Survivor Conference

Save the Date. Held at the University of Puget Sound in Tacoma.

Sept 13 - Walk to End Alzheimer's Western and Central Washington State Chapter

The Alzheimer's Association Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. Registration for the Tacoma Walk begins at 8:30 a.m.; ceremony at 9:30 a.m.; walk at 10 a.m. Held at Thea's Park, 405 Dock Street in Tacoma. [Click here for registration and information](#).

Sept 13 –Ability Awareness Celebration and Open House at TACID. More to follow!

Sept 23 – National Fall Prevention Day

This year's theme, Strong Today, Falls Free® Tomorrow, seeks to raise awareness and prevent falls. Check out the National Council on Aging for more information and great ideas.

Sept 25 – Alzheimer's Caregiver Conference

The annual Pierce County Alzheimer's Caregiver Conference will be held at Emmanuel Lutheran Church, 1315 N Stevens St, Tacoma, WA 98406. Keynote speaker is Ann Hedreen, filmmaker and producer of "Quick Brown Fox," a documentary of her own mother's journey through the disease. This free event is sponsored by the Health Care Providers Council of Pierce County. Sessions include

legal panel, caregiver panel and a special meet-and-greet with local therapy animals. Registration coming soon.

Sept 30 & Oct 1 – Emergency Planning Institute

See May 6 & 7 for details. [Register online](#). For questions, contact Sheri Badger at (253) 798-2204 or sbadger@co.pierce.wa.us.

Oct 8-9 – Elder Friendly Futures Conference

Researchers, practitioners, administrators, policy-makers, and educators discuss the opportunities and challenges to building elder-friendly futures. This conference continues to offer a number of excellent opportunities for showcasing mission and networking with a key audience of government and non-profit organizations, academics, researchers, clinicians, and community members. There is an early bird registration, opportunities to submit proposals for the poster session and the innovation showcase, and different levels of sponsorship for you or your organization to be part of this important event. Held at the UW campus in Seattle. [Visit the website](#) to register and access more info.

Oct 9 – Latino Health Fair

Sea Mar Community Health Centers presents this annual event. Held 8 a.m. to 5 p.m. at the Hilton Seattle Airport & Conference Center.

Oct 22 – Making the Link

An annual resource fair for health care professionals, social workers, discharge planners, church staff, and interested individuals with information about a wide variety of long term care services and supports. This free event is sponsored by the Health Care Providers Council of Pierce County. Held 11 a.m. to 5 p.m. at the STAR Center, 3873 S 66th St. in Tacoma. Details to come.

Q&A of the Month

Question: I heard that Social Security pays benefits to children. How is that? I thought Social Security was a retirement program.

Answer: Last year about 3.2 million children under the age of 18 received an average monthly benefit of \$534 because one or both of their parents are disabled, retired or deceased. When a parent becomes disabled or dies, Social Security benefits help to stabilize the family's financial future. Also, an adult disabled before age 22 may be eligible for child's benefits if a parent is deceased or starts receiving retirement or disability benefits. The "adult child" – including an adopted child, or, in some cases, a stepchild, grandchild, or step grandchild – must be unmarried, age 18 or older, and have a disability that started before age 22. Check out this special [Social Security webpage](#) on the topic.

NATIONALLY

Autism Spectrum Disorders: Webinar In Spanish

It is estimated that 1 in 68 children has an autism spectrum disorder (ASD). Hispanic children are often diagnosed later than the national average. With prevalence rates on the rise, it is important that families of underserved communities have access to quality information and resources. The Autism NOW Center offers this free resource to Spanish-speaking families. Join us for this new webinar, which will be offered entirely in Spanish, to learn more about autism spectrum disorders. Presenters will provide an overview of ASD; discuss steps involved in screening and diagnosis; address existing barriers for Latino families; and help connect families to resources in their community. [Register for this webinar today!](#) *Space is limited.* Held 10-11 a.m. PT.

Autismo: Una Visión General en Español

Se estima que 1 de cada 68 niños tiene un trastorno del espectro autista (TEA). Las investigaciones muestran que los niños hispanos se les diagnostica a menudo más tarde del promedio nacional. Con las tasas de prevalencia en aumento, es importante que las familias de las comunidades insuficientemente atendidas tengan acceso a información de calidad y recursos. El Autism Now Center y el Autism Society se han asociado para ofrecer un recurso gratuito para las familias de habla hispana. Únete a nosotros en este seminario, que será ofrecido completamente en español, para aprender más acerca de los trastornos del espectro autista. Los presentadores proporcionarán una visión general de la CIA; discutir los pasos involucrados en la detección y el diagnóstico; abordar las barreras existentes para las familias latinas; y ayudar a conectar a las familias a los recursos disponibles en su comunidad. Regístrate en este seminario web hoy mismo! *El espacio es limitado.* 10-11 a.m. PT.

[Regístrate en este seminario.](#)

How Misunderstanding Disability Leads to Police Violence

Encounters with police have taken an unnecessarily violent turn for people with disabilities that are not psychiatric or intellectual, including conditions that are physical or sensory. Americans with disabilities are victims of violent crimes at nearly three times the rate of their peers. [Read the story in The Atlantic.](#) (Source: The Atlantic)

VA Care Different from Military Care

The VA and military health systems are completely separate entities. They are not even part of the same cabinet department – the VA system is part of the Department of Veterans Affairs, while the military system is overseen by the Department of Defense. [Here are some common questions about the two systems.](#) (Source: Kaiser Health News)

“Silver Tsunami” And Other Terms That Can Irk The Over-65 Set

About one-fifth of the U.S. population will be 65 or older by the year 2030. NPR's Ina Jaffe covers this population — and says it's often difficult to find the right words to describe it. [Listen to the NPR story](#) and Jaffe's struggles to find the right words. (Source: NPR)

Focus on Long Term Care Services and Providers

Long-Term Care Services in the United States: 2013 Overview is a report from the CDC presenting the initial results of the National Study of Long-Term Care Providers (NSLTCP). The study found that approximately eight million Americans received care services from about 58,000 paid providers in 2012, and the report breaks down the numbers and demographics of consumers utilizing various types of care providers. The report also includes information about size, ownership and staffing by region and type of care provider. (Source: Lewin Group)

Free Online Arthritis Workshop

With support from the U.S. Centers for Disease Control & Prevention, the National Council on Aging is partnering with the Arthritis Foundation to offer Better Choices, Better Health-Arthritis free of charge. Over six weeks, participants will learn strategies to reduce pain, decrease activity limitations, and improve their ability and confidence to manage arthritis—all from the convenience of their own computer. [See how seniors can sign up.](#) (Source: NCOA)

Comedy Making a Positive Difference in Understanding Disability

One of the most audacious and exciting forms of treatment for mental illness is laughter. David Granirer of Vancouver B.C. who lives with depression, is a counselor, stand-up comic, keynote speaker on mental health and author (The Happy Neurotic, How Fear and Angst Can Lead to Happiness and Success). David founded “Stand Up for Mental Health“, an 8 week stand-up comedy

program for people with mental illness as a way of building self-esteem and fighting public stigma. Trainings are held on Skype sessions until the end of the course when David travels to perform with the group all across the U.S., Canada and Australia. Here's a [small sample of some of the comedy routines](#). (Source: AL TSA)

Home Health Care vs. Custodial Care: Understand the Difference

A common question asked of benefits counselors is, "Will Medicare help pay for care at home?" There is a distinct difference between the skilled, intermittent home health care that Medicare covers and assistance with household tasks and custodial care, which it does not. Learn more about this difference, what Medicare covers, and other programs that can help pay for custodial care in NCA's new fact sheet, [Home Health Care vs. Custodial Care](#). (Source: NCOA)

New Study Details How Seniors Choose Medicare Plans

A Kaiser Family Foundation (KFF) study investigated how seniors make their Medicare plan choices. With the increase in plan options over the past 20 years, and the rise in the popularity of the Medicare Advantage program, the plan options for Medicare beneficiaries have become increasingly difficult to navigate. Overall, the study found that, while beneficiaries like having a choice in Medicare plans, most feel they lack the tools and the knowledge to choose the works best for them. [Click here to read the full KFF study](#). (Source: KFF)

Quiet but Significant Shift by CMS on the Medicare Improvement Standard

Although slow to spread outside of the Beltway, there's been a discreet but significant "[clarification](#)" made to the CMS policy manual outlining Medicare coverage requirements and regulations. As a result of a 2011 lawsuit settlement, CMS has revised program manuals to clarify that no "Improvement Standard" is to be applied when determining coverage eligibility for skilled care. While CMS has promoted that this is not a change in beneficiary eligibility, but rather a clarification of standing regulations, the issue is significant to Medicare beneficiaries who were previously denied skilled care services for conditions that would not necessarily improve with services. While CMS was required to notify providers of this change, the same standard didn't apply to beneficiaries. Recently, *The New York Times* [called](#) this clarification "A Quiet Sea Change in Medicare." (Source: N4A)

New CMS Medicare Program to Allow Both Hospice and Curative Treatments

A new program from the Centers for Medicare and Medicaid Services may remove a barrier that makes patients hesitate to opt for hospice care near the end of life. Until now, to receive hospice care, patients had to agree to forego any further attempts at curative treatments. The new Medicare Care Choices Model will soon offer an option for Medicare beneficiaries to receive palliative care services from certain hospices while still receiving treatment from curative care providers. [Read more](#). (Source: Reuters Health)

PLAN AHEAD – AUGUST IS...

Children's Vision & Learning, Immunization Awareness, Minority Donor Awareness, Spinal Muscular Atrophy Awareness, Water Quality, Neurosurgery Outreach, Psoriasis Awareness and What Will Be Your Legacy Month; Simplify Your Life (1-7), Assistance Dog (3-9), Fraud Awareness (3-9), Farmers' Market (3-9), Feeding Pets of the Homeless (10-16), Safe at Home (24-30) Weeks; Respect for Parents (1), Lung Cancer (1), Social Security (4), Assistance Dog (4), Homeless Animals (16), Senior Citizen's (21), Women's Equality (26), Sarcoidosis Awareness (29), Victims of Enforced Disappearances (30) and International Overdose Awareness (31) Days.

